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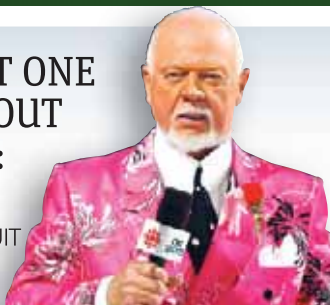
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CHERRY NOT ONE TO TALK ABOUT SILLY SUITS: EX-PLAYER

CONCUSSION LAWSUIT
NO 'MONEY GRAB,'
HE ARGUES **PAGE 6**



Need a good New Year's resolution? Read a book!

Ten new or upcoming books
worth looking into **PAGE 19**

Hey, get this Raps logo off my Drake duds

Fans shelled out big for seats
at the 'Drake game,' and the
free shirts given away now
command hefty prices **PAGE 5**

Yeezus won't forgive this Born Sinner

J. Cole says it 'feels amazing'
to know his album outsold
Kanye West's, although he
had some big support **PAGE 17**



FC FORTUNES ARE LOOKING UP

Newly signed Toronto FC striker Jermain Defoe, left, looks over as midfielder Michael Bradley acknowledges boisterous fans overhead, welcoming them with team chants during a press conference in Toronto on Monday. See story, page 28. CHRIS SO/TORSTAR NEWS SERVICE

Ford, Stintz spar over ice storm

Metro's got the transcript of the 2014
mayoral hopefuls in battle — in case
you couldn't hear across town **PAGE 3**

A short walk too long, Canada Post

Petition to retain door-to-door mail
service hopes to draw attention to
plight of physically disabled **PAGE 8**

Cup of joe rakes in dough for McD's

Head of McDonald's Canada turned
company fortunes around with plan
for premium roast coffee **PAGES 14 & 15**

Gondolas, gondolas, gondolas!

Rob Ford's new chant?

Don Valley cable-car
may be more than
just a flight of fancy

A fledgling and mysterious
Toronto company is exploring
the idea of a cable-car system
over part of the Don Valley.

In theory, the system
would serve as an eco-friendly
tourist attraction while con-
necting the Evergreen Brick
Works with the Broadview-
Danforth neighbourhood.

The man behind the idea
is Steven Dale, the cable-car
expert and evangelist behind
the website The Gondola Pro-
ject. He is the chief executive
of Bullwheel International
Cable Car Corp., a federally
registered company he re-
fused to say anything about.

He did say, repeatedly,
that his efforts are "purely ex-
ploratory" at this point.

"This is something we do
in our spare time," he said in
a phone interview.

But he and his colleagues
have taken the project seri-
ously. They have discussed
the proposal with local coun-
cillor Mary Fragedakis and
with Evergreen.

Popularity

Cable cars have long been
associated with ski resorts
but are also used in cities
from New York to Barcelona
and have come into urban
vogue in recent years.

- The Emirates Air Line, running above the Thames in London, opened in 2012. Portland's Aerial Tram opened in 2006. And Medellin, Colombia's Metrocable system, launched in 2004 to worldwide acclaim.

"Driving these days is such
a nightmare that something
like that might be really
amazing," said Evergreen
chief executive Geoff Cape.

"As we explore the trans-
it challenges of Toronto,
we need to be open-minded
about all sorts of other innov-
ative possibilities."

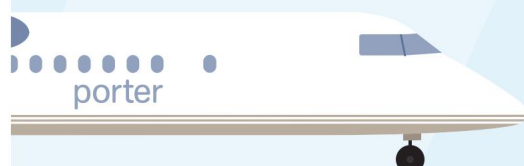
Fragedakis noted the To-
ronto proposal would require
extensive study. She said
Bullwheel "did not have the
answers" to several import-
ant questions. But she still
pronounced the idea "great."

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Heated words over who did what during power outage

City sees icy conditions alright.

Mayor asks Stintz about 'magic wand,' Stintz asks who was in charge

The Toronto City Council debate to ask the federal and provincial governments to share storm costs with the city sparked heated exchanges on Monday. The biggest clash was between Mayor Rob Ford and Coun. Karen Stintz, the TTC chair who is running to unseat Ford in this year's elections. Here is a condensed transcript:

Stintz: "So therefore I can assume that if we had one person communicating on behalf of the city, communication could have been improved?"

Ford: "It was me."

Stintz: "OK, but it wasn't you because you didn't speak to the premier, did you?"

Ford: "No, I didn't speak to the premier."

Stintz: "Who did the premier speak to?"

Ford: "I was leading, through Anthony Haines, through Joe Pennachetti, through John Livey, through the list of people, and Andy Byford that got the TTC up and running when I remember you saying, 'I got the TTC up and running.' With all due respect, Councillor Stintz, you were nowhere to be found also during the 10 days of the storm."

Stintz: (voice rising) "Mr. Mayor ... just because you didn't see me doesn't mean

In numbers

City council voted unanimously Monday to seek federal and provincial cash to help cover \$171M in storm costs — \$106M for the December ice storm and \$65M for the July flood.

- Under the city's request, which had to be filed by today, each of the three parties would put in \$57M.

- The request was approved in a 39-0 vote.

I wasn't there. Is that what you're trying to suggest?

Ford: "Why are you getting so upset? ... I just wonder where you were for 10 days."

Frances Nunziata (chair): "OK, Mayor Ford, that is not appropriate for you to make that comment."

Ford: "Talk about grandstanding, this is a perfect example of it."

Nunziata: "Mayor Ford, please. Please just answer the question that's being asked to you."

Ford: "I think I've answered it ..."

Nunziata: "OK Councillor Stintz, now you can ask your question."

Stintz: "Thank you. When we have a situation like we had with the storm, I think it's fair to say that the public benefits from having one person be able to communicate what's going on, what's the status, what's the state of the situation, when should we expect certain things to happen. In this case, we didn't



Mayor Rob Ford and Coun. Karen Stintz, seen here in this file photo, engaged in a war of words at city council on Monday. DAVID RIDER/TORSTAR NEWS SERVICE

have that. That authority was split between the mayor and the deputy mayor. Mr. Mayor, my question for you is, you actually had the ability to put one person in charge, did you not?"

Ford: "I was in charge."

Stintz: "No you weren't. You had the ability to put one person in charge, did you not?"

Ford: "I was dealing with

Andy Byford, who runs the TTC day in and day out, and I still don't know where you were but I guess you took credit for getting the TTC up and running. You must have a magic wand because you were nowhere to be found.... Denzil Minnan-Wong was beside me."

Stintz: "That is not my question. I didn't ask the mayor where I was during the

holiday. I know where I was. I didn't ask him to account for my presence. I asked him a very specific question which he is not answering."

Ford: "That was me. You could have stood right beside me if you wanted like Councillor Minnan-Wong did."

Nunziata: "Councillor Stintz, that is the answer you're going to get."

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Free Raptors shirts sell like hot Drake

Black and gold. Shirts designed by popular rapper and given to fans at sold-out game land on EBay

Despite the enormous popularity of the Drake-inspired shirts at the Raptors game Saturday, it's no slam dunk the NBA franchise will change the team colours to black and gold.

During Saturday's sold-out

Toronto Raptors-Brooklyn Nets home game, 20,000 long-sleeved black shirts, emblazoned with a gold Raptors logo on the front and Drizzy's owl logo on the back, were given to fans at the Air Canada Centre.

A few took their shirts and charged prices ranging from \$90 to \$200 online to Drake fans, who weren't interested in the NBA game.

"People called me and they asked me for tickets for the Drake game, not the Raptors game," said Burhan Ehsan,

president of Raptorfan.com, which bulk buys tickets.

He said Drake fans were willing to pay double the face value of the ticket price simply to see the homegrown celebrity at the ACC.

Ehsan said he got his hands on 40 shirts and already sold 10 on Kijiji for between \$90 and \$120 to people as far away as Calgary, New York City and parts of California.

"Forget hilarious. It's more like ridiculous. I think it's a fad," he said. But "Drake's big, the city loves him."

"Everybody knows when Drake does something in Toronto, it's a big deal."

Saturday's game, which the Raptors won 96-80, was Drake Night, honouring the Toronto-born Grammy winner who became the team's global ambassador last fall. The rapper introduced the starting lineup, and gave away shoes at half time.

The shirt was designed in collaboration with Drake and is part of his OVO — October's Very Own — line of merchandise. **TORSTAR NEWS SERVICE**



Drake introduces the Raptors at the game in Toronto on Saturday.

CHRIS YOUNG/THE CANADIAN PRESS

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Roof collapses at construction site killing worker



Police and firefighters were at the scene of a building collapse at a construction site at the Sheridan Centre mall on Monday, where a construction worker eventually succumbed to his injuries. VICTOR BIRCH/FOR METRO

A man has died after a partial roof collapse at the Sheridan Centre in Mississauga.

Peel police said the portion that fell was under construction. The victim, a 33-year-old man from Kitchener, was trapped for more than an hour as emergency crews worked to free him. He was declared dead after he was pulled out.

Trapped under scaffolding and other material, paramedics

said they had trouble getting to him.

"It was icy, wet, snowy and muddy," said Mississauga Fire Platoon Chief Mark Ormond. "We were concerned about the integrity of the remaining structure."

Police said they received a call just after 11:30 a.m. that there was a collapse at the mall on Erin Mills Parkway, north of the QEW. Witnesses

said it happened in the construction area for the new Target store at the south end of the building.

Greg Butrey, who works with ICS Courier, was doing a delivery on the ground floor of the mall when part of it collapsed.

"Boom! Just literally a very large boom," he said, estimating he was several metres away from the area. "I heard

the guy scream."

Butrey said he believed the victim was working with his brother when the structure collapsed.

"All I saw was the steel coming down and I just ran out," he said.

The cause of the collapse is still unknown.

The Ministry of Labour is investigating.

TORSTAR NEWS SERVICE

Cherry taken to task over remarks

Sport. CBC commentator has been dismissive of concussion lawsuit filed against NHL by ailing former professionals

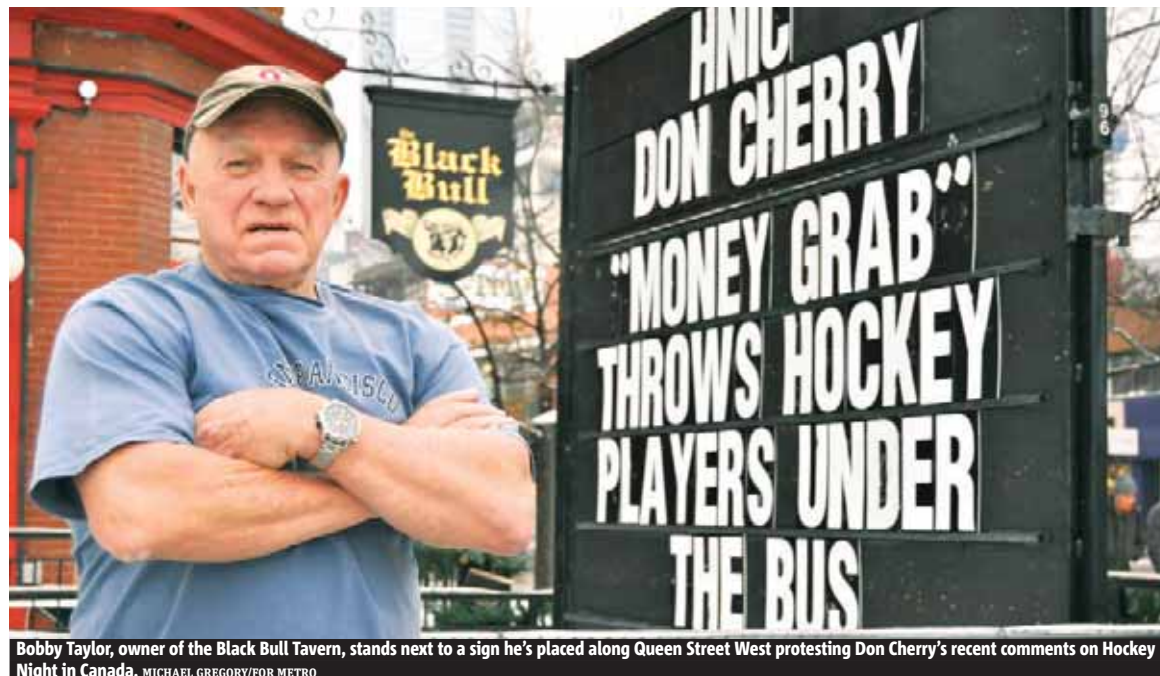
MICHAEL GREGORY
toronto@metronews.ca

Hockey tough guy Don Cherry threw retired NHL players suffering from concussion-related symptoms “under the bus” when he dismissed a lawsuit against the league as a “money grab,” says a former CFL wide receiver.

Bobby Taylor, who now runs the Black Bull Tavern on Queen Street West, recently erected a billboard in front of his business that pulls no punches against the longtime host of Hockey Night in Canada’s Coach’s Corner.

“HNIC Don Cherry ‘money grab’ throws hockey players under the bus,” the sign reads, with its other side making mention of three former NHL enforcers who committed suicide in 2011.

In a Nov. 30, 2013 broadcast, Cherry, a retired hockey pro and former Boston Bruins coach, kicked up a storm against the more than 200 former players who are suing the NHL because they continue to



Bobby Taylor, owner of the Black Bull Tavern, stands next to a sign he's placed along Queen Street West protesting Don Cherry's recent comments on Hockey Night in Canada. MICHAEL GREGORY/FOR METRO

suffer from head injuries received while playing the game.

“I feel sorry for the guys. You know, some of the guys maybe got whacked a little, but it’s a money grab as far as I’m concerned,” Cherry said, only days after the suit was filed in a U.S. federal court in Washington.

A spokesperson for CBC said Cherry declined to be interviewed for the story but was

thankful for the opportunity.

Sitting in the Black Bull, Taylor said Cherry should be “ashamed” of his comments and called him a “turncoat.”

“He’s made a lot of money from hockey, and the hockey players, and when he had a chance to give something back to the players by some kind of support in this lawsuit, he chose not to,” Taylor said. “He

called those guys down. He called it a money grab. It’s almost like calling them liars, like you didn’t get hurt, you don’t have concussions.”

Taylor himself is in good health, but he recalled countless stories of those close to him who have either died from a brain aneurysm or are still dealing with the effects of concussions suffered decades earlier.

Retired enforcer Kurt Walker, who played with the Maple Leafs in the 1970s and is now considered legally disabled, suffered at least six concussions and said head shots back then were treated differently.

“It was always smell a little smelling salt, how many fingers do I have up, and you went back into the game because there was a lot of peer

Quoted

“He called those guys down. He called it a money grab. It’s almost like calling them liars, like you didn’t get hurt, you don’t have concussions.”

Bobby Taylor

pressure,” he said, adding that Cherry “had a chance to be a hero and he let us all down.”

The reality is that players aren’t looking for a handout but a medical program for NHL alumni, Walker said.

“If we had a medical plan that we could all pay into, I think that quite honestly there wouldn’t have ever been an NHL class-action suit,” Walker said. “Why do we have to grovel, or be destitute, to the league to just give us a hand?”

The sign outside the Black Bull continues to spark conversation, Taylor said, but so far there’s been nothing further on the topic from Cherry on HNIC.

“What I’m trying to do is just lend some support, like go against Cherry, he shouldn’t be allowed to say that and get away with it,” Taylor said. “It’s funny how I almost can tell he’s a little sheepish about it. He probably regrets what he did say.”

Grits trying to buy votes: Rivals

Premier Kathleen Wynne is being accused by political rivals of trying to buy a byelection she has yet to even call.

With Wynne expected to announce votes Wednesday to fill two vacant seats, Health Minister Deb Matthews delivered \$26.2 million for the Niagara Health System to help build a new hospital and two urgent care centres.

“This has been a long time coming,” said Matthews, acknowledging the government’s political opponents “are linking” the decision with the byelection.

“This is something we’ve been studying pretty hard,” she said Monday, noting the money is a planning grant for a new hospital that will cost “hundreds of millions of dollars.”

But Progressive Conservative Leader Tim Hudak charged the Liberals, who recently unveiled a five-year, \$75-million provincial wine strategy that should also help them in Niag-



Gila Martow is the only registered PC candidate so far for the Thornhill byelection. TORSTAR NEWS SERVICE

ara, were playing politics.

“The Liberals had not supported that, but now that their member has retired and the seat is open, I guess they’re now all for it,” Hudak said, referring to former Niagara Falls Grit MPP Kim Craitor, who fought for a new hospital.

“We saw this with the subway in Scarborough, we saw this in other areas,” he said, referring to the Liberals’ contro-

versial embrace of a TTC extension that helped Mitzie Hunter win the Aug. 1 Scarborough-Guildwood byelection.

NDP Leader Andrea Horwath said voters have seen this movie before.

“I was elected in a byelection in Hamilton East (in 2004) where the money flowed freely and the announcements came daily, so there’s no doubt that this is the classic Liberal move,”

Quoted

“They start spreading the money around when there’s a byelection.”

NDP Leader Andrea Horwath

said Horwath.

Wynne is also poised to call a byelection in Thornhill, meaning both votes would be held Feb. 13.

In Niagara Falls, city Coun. Joyce Morocco is the Liberal candidate while regional Coun. Bart Maves, a former Tory MPP, is hoping to win back the riding he represented from 1995 until 2003. The NDP still must nominate a candidate.

In Thornhill, which was held by Tory Peter Shurman, the Grits have nominated Vaughan Coun. Sandra Yeung Racco. Gila Martow is the only registered PC candidate so far. The NDP has yet to select a candidate there. TORSTAR NEWS SERVICE



This cuppa's on Jepsen

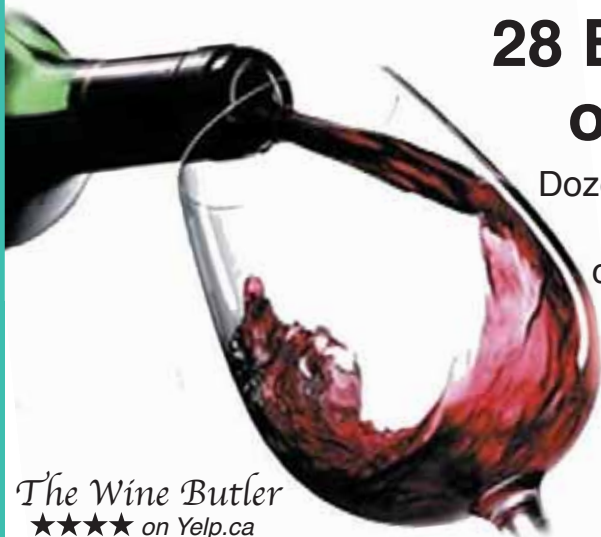
B.C.-born pop star Carly Rae Jepsen was in Toronto on Monday, meeting fans like the one pictured here at three different David's Tea locations. The multiple Juno and Grammy-award winner was helping to build buzz for David's Tea's charitable #cupofwarmth campaign, launching on Wednesday. CENTRAL IMAGE AGENCY/FOR METRO



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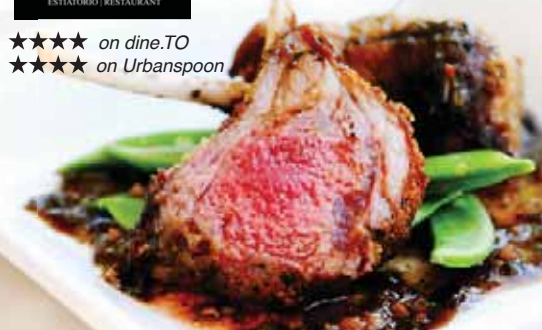
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Petition urges Canada Post to keep door-to-door delivery

More than 120,000 signatures. Effort aims to draw attention to effects change may have on those with limited mobility

An online petition urging Canada Post to reconsider its decision to end door-to-door delivery in urban centres has garnered more than 120,000 signatures.

The petition was started by Susan Dixon, a mother from Cambridge, Ont., on Dec. 15.

"My youngest has cerebral palsy and uses a walker or wheelchair to get around," Dixon says in the petition. "For me, Canada Post's decision would mean having to bundle



Canada Post trucks are parked in a lot in Mississauga. FRANK GUNN/THE CANADIAN PRESS

them up and struggle through the snow with a wheelchair just to get our mail."

Canada Post announced some dramatic changes to its operations last month, including plans to phase out the age-old tradition of home delivery in urban areas. The company

said that without postal carriers travelling by foot, it would save a significant amount of money.

"My hope is that they change their minds and really consider what they are going to be doing to people with disabilities," said Dixon.

The petition — posted on the website Change.org — draws attention to anyone in Canada who has limited mobility, and the possibly dangerous effects this change could have on their lives.

With the help of organizers at Change.org, Dixon said she

will soon be bringing the petition to several executives at Canada Post, including chief executive Deepak Chopra, and to the Minister of Transportation Lisa Raitt.

"We're certainly going to watch that (petition) and any feedback that people put forward," said Jon Hamilton, a spokesman for Canada Post.

"When we hear about Susan and her issues, we hear those loud and clear and we know we need to be sensitive and understanding in our approach to changes," he said.

"But the status quo is not going to change."

Hamilton said that Canada Post is trying to maintain service to all Canadians but that they need to find innovative ways to do it in order to remain self-sufficient.

THE CANADIAN PRESS

Calgary

Parents camp out all night to secure kindergarten spot

Catholic parents braved sub-zero temperatures camping out front of a southwest Calgary school overnight Monday in hopes of securing a kindergarten spot for their child.

CCSD spokesperson Sean Myers confirmed three parents arrived out front of John Costello School around 6 p.m. Sunday and were later joined by more around midnight. By the time the principal arrived in the morning, more than 20 parents had joined the makeshift campsite.

JEREMY NOLAIS/METRO IN CALGARY

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix spoke out Monday against the proposed legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference.

THE CANADIAN PRESS

Give patients access to health-care costs: Hospital CEO

Watching Breaking Bad — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it

cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately \$50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

In a report to his hospital's board of directors,

Musyj suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France G  linas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musyj said he's pretty sure

of one thing: "If Breaking Bad was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over.

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it."

THE CANADIAN PRESS



RICK MERCER REPORT

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Swedes hoping womb transplants bear fruit

Frontier science. With surrogates banned, this may be only chance for some women to bear children

Nine women in Sweden have successfully received transplanted wombs donated from relatives in an experimental procedure that has raised some ethical concerns. The women will soon try to become pregnant with their new wombs, the doctor in charge has revealed.

The women were born without a uterus or had it removed because of cancer.

In many European countries, including Sweden, using a surrogate to carry a pregnancy is illegal.

There have been two previous attempts to transplant a womb — in Turkey and Saudi Arabia — but both failed to



In this 2012 photo made available by the University of Gothenburg, the team practises before beginning a womb transplant at a hospital in Sweden.
JOHAN WINGBERG, UNIVERSITY OF GOTHENBURG/THE ASSOCIATED PRESS

produce babies. Scientists in Britain, Hungary and elsewhere are also planning similar operations.

"This is a new kind of surgery," said project lead Dr. Mats Brannstrom, chair of the ob-

stetrics and gynecology department at the University of Gothenburg. "We have no textbook to look at."

Brannstrom warned the transplants might not yield children but was optimistic.

Concerns

Some experts have raised concerns about whether it's ethical to use live donors for an experimental procedure that doesn't save lives.

- Dr. Richard Smith of the charity Womb Transplant UK said a womb donation is like a radical hysterectomy but requires taking a bigger chunk of the surrounding blood vessels, raising the risk of complications.
- Brannstrom said using live donors allowed them to ensure the donated wombs didn't have any problems.

"There are no guarantees," he said. "What is certain is that they are making a contribution to science." **THE ASSOCIATED PRESS**

France. History suggests president can come away clean from sex scandal

With a 15 per cent approval rating, French President Francois Hollande was in crisis even before allegations emerged of an extra-marital tryst with actress Julie Gayet. His refusal to deny the affair, and the hospitalization of his partner threatens to destroy what remains of his reputation.



Francois Hollande and Julie Gayet.
GETTY IMAGES FILE

But Hollande may be able to staunch the bleeding. Previous presidents Francois Mitterrand and Jacques Chirac were able to laugh off infidelities with indulgence of the media.

"Hollande would be adhering to a time-honoured French tradition of official mistresses," wrote Prof. Matthew Fraser, politics and media specialist at Sciences Po Paris.

Culturally, France has always been less interested in politicians' love lives than many other countries. This has been reflected in a cross-party refusal to attack Hollande, while a magazine

opinion poll showed 77 per cent considered the subject a "private matter."

The scandal could even provide some respite.

"Hollande may benefit from changing the subject away from bad news on the economy," says Dr. James Stanyer of Loughborough University and author of *Intimate Politics*.

Political scientists have shown that sex scandals are traditionally less damaging than other types. Texas Tech University found that corruption typically costs almost twice as many votes as sex.

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Time to get rid of old, unsafe tank cars carrying oil

'Something has to be done.' International trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an overflow crowd of industry types, regulators, lobbyists and local first responders that rail-ways will continue to push for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

"Something has to be done because of what we've seen in the past six months and what can potentially occur as the amount of oil (being shipped) continues to increase. It's just too dangerous," said Marc Garneau, the Liberal international trade critic. **THE CANADIAN PRESS**

Safety alert

Derailments

Federal investigators have determined that 400,000 gallons of oil were lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota.

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Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon in southern Israel on Monday. Israel said its last farewell to Sharon with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at his family home in the country's south. **ARIEL SCHALIT/THE ASSOCIATED PRESS**

Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell.

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Friend allegedly kidnaps teen

Winnipeg. Note demanding money left for boy's family, but officers found 14-year-old and arrested man

A Winnipeg teen is unharmed after he was allegedly kidnapped for ransom by a

family friend.

Winnipeg police said a man, known to a local family, convinced the family's 14-year-old boy that he was a police officer and that the boy was being investigated for an assault.

The man took the teen to a downtown hotel, took the teen's phone away and convinced him to stay in the room to avoid going to jail.

He also produced a replica pellet handgun to further convince the teen to stay, said police.

The man then returned to the family, but not before leaving an anonymous note for the family explaining their son had been kidnapped and demanding money.

Officers found the teen and made an arrest.

Harpreet Singh Kanda, 19,

faces charges of impersonating a police officer, extortion, kidnapping using a firearm, possession of a weapon and carrying a concealed weapon.

He was detained at the provincial remand centre.

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Firefighters pluck dog that fell

St. Louis firefighters Stan Baynes and Demetris Alfred struggle to secure Diablo, a Louis, in this photo taken on Sunday. Diablo's owner, Jason Newsome, said Diablo minutes. J.B. FORBES-ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

Chemical spill. Storage terminal flew under radar as it was deemed low-risk

The facility whose chemical spill contaminated the water supply for 300,000 West Virginia residents was barely scrutinized by government regulators who viewed it as a low-risk operation — but in reality, a problem at a key holding wall went undetected and unreported at Freedom Industries Inc.

The chemicals stored are not considered hazardous enough by regulators to

prompt routine inspections. Because the site only stored and did not manufacture chemicals, it did not need permits to discharge pollutants into the air or water. West Virginia officials last visited the property in 1991.

An inspection once scheduled in 2009, was cancelled it after officials realized the company did not fall under any special programs.

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through ice on frozen lake

Doberman pinscher who fell through the ice on the lake in O'Fallon Park in St. ran after a goose and fell through the ice. The dog was in the water for about 25

View of world crises. Pope blasts abortion as sign of 'throwaway culture'

Pope Francis on Monday criticized abortion as evidence of a "throwaway culture" that wastes people as well as food, saying such a mentality is a threat to world peace.

Francis also urged better respect for migrants and denounced the persecution of Christians in Asia, Africa and the Middle East in his global survey of world crises delivered to diplomats accredited to the Holy See.

Saying hunger is a threat to world peace, he noted that not only food but human beings themselves are often discarded as unnecessary.

"We cannot be indifferent to those suffering from hunger, especially children, when we think of how much food is wasted every day in many parts of the world immersed in what I have often termed 'the throwaway culture,'" he said. **THE ASSOCIATED PRESS**

India

Tigers face new threat from deadly canine virus

India is scrambling to protect its beleaguered tiger population after several big cats tested positive for a virus common among dogs but deadly to other carnivores, experts said.

In the last year, canine distemper virus has killed

at least four tigers and several other animals across northern and eastern India, says the National Tiger Conservation Authority.

India's breakneck development and staggering population growth means more people — and more dogs — are coming even closer to wildlife. Authorities are considering a massive campaign to vaccinate dogs against canine distemper. **THE ASSOCIATED PRESS**

Britain

One of the world's smallest water lilies stolen

A minuscule, nearly extinct water lily has been stolen from London's Royal Botanic Gardens, officials said Monday.

Police said that sometime Thursday a *Nymphaea thermarum*, considered the world's smallest water lily,

was pulled from a shallow pond in a glasshouse at the garden in Kew.

The lily — so rare that it doesn't have a common name — was discovered growing in the damp mud of a hot water spring in southwest Rwanda by a German botanist in the 1980s. When the mud around the Rwandan spring dried up in 2008, the plant disappeared from the wild. **THE ASSOCIATED PRESS**

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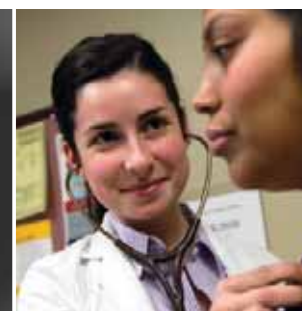
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Change. Royal Mint tests digital currency

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Paris-based Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.

First launched in April 2012, just days after federal Finance Minister Jim Flaherty announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about \$10 or less.

It could be used in place of cash to buy a coffee or fast food.

THE CANADIAN PRESS

Want a cup of

From fries to frappés.

Head of McDonald's Canada gave flagging business a jolt by brewing up some premium roast coffee

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way. Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation,



The president and CEO of McDonald's Canada, Eaton Centre. TORSTAR NEWS SERVICE FILE

but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger King and Dunkin' Donuts.

When in 2008 he was

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joe with that?



John Betts, serves a McCafé coffee at the busy restaurant location in the Toronto

named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April

2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says. **TORSTAR NEWS SERVICE**

Vancouver-based firm

Lululemon stock drops

Lululemon Athletica Inc.'s unexpected lowering of its fourth-quarter profit outlook sent its stock tumbling Monday and raised questions about how long the yoga fashion retailer's problems will last.

Analysts questioned the Vancouver-based company's future amid guidance revisions.

THE CANADIAN PRESS

Market Minute



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TSX
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PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting, but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a \$770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream



SHE SAYS

Jessica Napier

metronews.ca

masses in North America and beyond.

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her

partner to buy a pricey item off her delivery-room wishlist. Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgment.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on
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ZOOM

Why hello there, Miss Bear



KEVIN DIETRICH/SOLENT NEWS

Metro Q&A with photographer

"Not a man in a bearsuit"



KEVIN DIETRICH
Realty broker/amateur
photographer, 33,
from Steamboat
Springs, Colo.

Where did you take this amusing photograph?
In the Chugach National Forest in Alaska. My brother

and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?

Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a pho-

tograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?

Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing

aspect.

What does this image represent? Is it more than a shot of a cute bear?

In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

**INTERVIEW BY ANTHONY JOHNSTON/
METRO WORLD NEWS**

WE ACT: CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller



CONTRIBUTED

own struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Bonnar Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?

It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

CRAIG AND MARC KIELBURGER

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller

Where: Summerland, B.C.

What: Founded Agur Lake Camp

Why: Bonnar Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their

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DVD review



You're Next

Director. Adam Wingard

Stars. Sharni Vinson

You don't need anybody to fingerprint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

It was all a dream ...

Born Sinner. J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

EMILY LAURENCE

Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile. But despite all the big names,

Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of creating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals. "Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy. "I learned a long time ago to be somebody that people can relate to



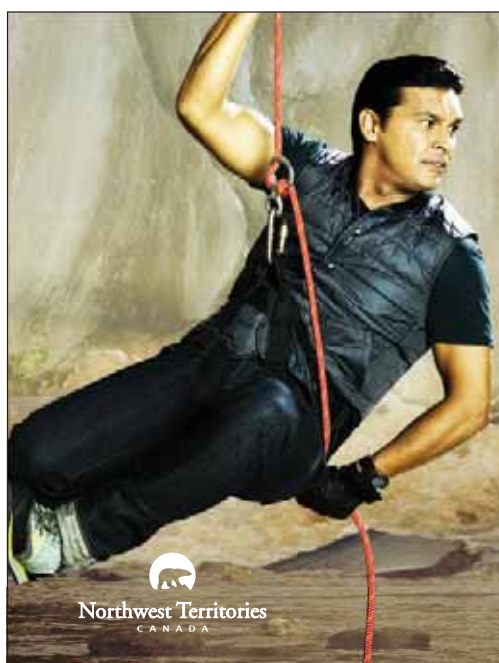
J. Cole is doing well with this rappin' stuff. CONTRIBUTED

and then slip in the messages I want," he explains. "I want to change the way people feel about themselves not just on a physical level, but the way black people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When

I was a kid, I painted this Nike sign on a brown board with these watercolours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

2 SCENE



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Outkast announce string of festival dates in 2014

Outkast's 20th anniversary comeback is being extended to more than 40 festival dates in 2014.

The Grammy Award-winning rap duo announced across its newly launched social media platforms Monday morning that it will play the dates, but not where. Andre "Andre 3000" Benjamin and Antwan "Big Boi" Patton announced last week they were coming off hiatus and performing together for the first time in 10 years at the Coachella Valley Music and Arts Festival in April.

Benjamin and Patton never formally broke up, but stopped working together after the release of the 2006 soundtrack *Idlewild* at the height of their popularity. Patton has released a couple of solo albums in the interim, and Benjamin has been acting and making occasional musical guest appearances.

THE ASSOCIATED PRESS

Archambault's reality-tinged tearjerker

Gabrielle. Quebec-born director took a gamble and 'let go of perfection' to give someone with Williams syndrome the role of leading lady



RICHARD CROUSE
scene@metronews.ca

Sometimes less is more. Just ask director Louise Archambault, whose film *Gabrielle* went through many changes before cameras rolled.

"The story was much bigger in the beginning," says the Quebec-born filmmaker. "For a long time half of it was set in India. It was big. We almost asked for money for funding with that script. I wanted those Indian kids to come to Montreal and it was so complicated. It was very big for my second feature. My producers said, 'Are you sure you want to do all this?' So at some point I decided to cut it in half and focus on *Gabrielle* and just have a

little incursion to India."

The result is an intimate film focused on the title character, a young woman with Williams syndrome who falls in love with Martin (Alexandre Landry), a singer in her recreation centre choir. When Martin's mother expresses concern about the relationship, *Gabrielle* becomes determined to find happiness, independence and a relationship with her boyfriend despite the roadblocks and prejudices presented by her developmental disabilities.

Played by first timer Gabrielle Marion-Rivard, the film takes on extra meaning when it is revealed that the actress has Williams syndrome in real life.

"I didn't know if she would have the strength or the talent to make the film," says Archambault. "For an actor to have a feature film on your shoulders is huge, so for a year I hesitated. I did some workshops with her. With her syndrome she has theatrical behaviour, so she is very extroverted and that's not good for cinema but I

loved her light ... her magical light. Her happiness.... And, she's a good singer! And I needed a good singer. No lip syncing.

"At some point I realized, it was her. I'll let go of perfection and things I had in mind and I'll try to find ways to work with her and find solutions every day because she is just so right for the part. It wasn't that easy, and editing helps."

The finished film is a tender tearjerker, but undeniably soul-stirring. "It's a delicate subject," says Archambault, "but I knew I didn't want to go into miserabilism and at the same time I didn't want it to be too sugary. If I had used only actors I think it would have been fake."

"We hoped we would reach an audience. I didn't want to just make a film about mentally challenged people in love. Yes, it is a film about love but it is about music as well: choir singing and how it gives you strength, whatever you are in life. I wanted people to identify with that."



Louise Archambault THE CANADIAN PRESS

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The best new reads for a new year

Book club picks.

10 newly released or upcoming books that you'll be itching to discuss with friends over a glass of wine

EMILY
LAURENCE
Metro World News

The quintessential book club pick

The Invention of Wings by Sue Monk Kidd

Oprah-endorsed, Kidd's new book is just as poignant as *The Secret Life of Bees*. Alternating chapters between a reluctant female slave owner and her slave, *The Invention of Wings* captures the complexity of black-white friendships during the 1800s and how difficult it was to be a woman of any race.

The book that will change your life

Radiance of Tomorrow by Ishmael Beah

Former child soldier Beah has written another heart-string-tugging book, out now. Unlike his memoir *A Long Way Gone*, his new book is a novel, but has the similar backdrop of devastation in Sierra Leone, following two former child soldiers who go back after the war.

The coming of age story

Soy Sauce for Beginners by Kirstin Chen

Virtually everyone will be able to relate to the protagonist in this new novel who

does her best to pave her own path instead of doing what her family expects, which in this case is joining their soy sauce business. But after her marriage falls apart, she finds herself back home in Singapore doing exactly that.

The global awareness read

Thirty Girls by Susan Minot

Out next month, Minot's gripping novel weaves together the stories of a Ugandan teen abducted by the Lord's Resistance Army and an American journalist covering the war.

The YA pick

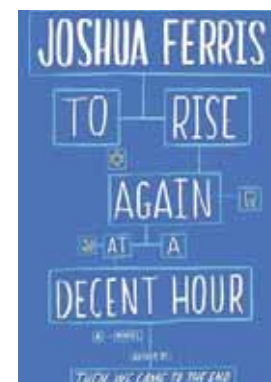
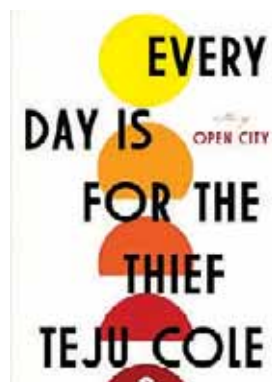
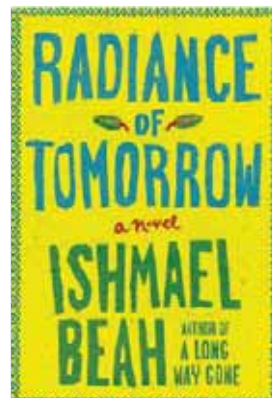
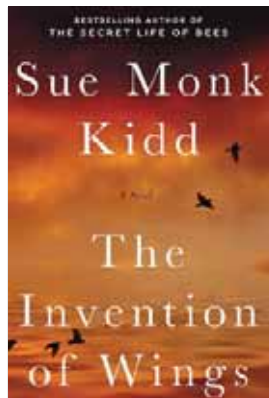
Side Effects May Vary by Julie Murphy

This book is kind of like John Green's *The Fault in Our Stars*, only more uplifting. Due out in March, the book features a 16-year-old diagnosed with leukemia, with slim chances of survival. She makes a bucket list of all the wrongs in her life she wants to set right before she dies. Then she goes into remission and must make good on her commitment. And don't worry, there's a romance too.

The impressive read

Everyday Is for the Thief by Teju Cole

What started as a travel blog turned out to be Cole's next book (out in March). He returns to the open-air marketplace of Lagos, Nigeria, where lying and tricking others is the only way to live. Capturing the complexity of both loving and hating where you're from, everyone



will be talking about this book in 2014.

The page-turner you'll read in a week

The Snow Queen by Michael Cunningham

Like *The Hours*, Cunningham's new book (out in May) is tragic, witty and haunting. It's about a heartbroken atheist who starts believing in God after he feels a spiritual presence in the form of a pale light. Meanwhile, his brother

turns to drugs to get his creative juices flowing as he tries to write a wedding song for his dying fiancé. This one is all about soul searching.

The social commentary

To Rise Again at a Decent Hour by Joshua Ferris

If you loved Dave Eggers' *The Circle*, you'll devour Joshua Ferris' newest, out in May. The novel is about a guy named Paul who gets impersonated online. But

as Paul follows the fakery on Facebook and Twitter, he starts thinking this Paul is better than the real thing.

The political read

Hillary Clinton's memoir

It doesn't even have a title yet, but everyone is already talking about the memoir Clinton is releasing in June. The maybe 2016 presidential candidate will reveal personal and political stories about her years as the secretary

of state. Debate her foreign policy with your political junkie friends.

The feminist read

Not That Kind of Girl by Lena Dunham

Dunham reportedly received \$3.7 million US for her advice book, due out in October, so let's hope she's doling out golden gems of wisdom. Chapter topics you can expect to discuss over wine are virginity, eating and good old self-respect.

Canadian Screen Awards boast some double trouble

Doppelgangers abound at the Canadian Screen Awards — Denis Villeneuve's surreal mind-bender *Enemy* leads the film nominations while Space's sci-fi clone saga *Orphan Black* tops the television contenders.

Enemy — featuring Jake Gyllenhaal in dual roles as a paranoid teacher and as a cocky amateur actor who looks just like him — dominates the film categories with 10 nominations, ahead of Xavier Dolan's *Tom at the Farm* with eight and Louise Archambault's *Gabrielle* with six.

The three films will compete for best picture, against

The Dismantlement, *Empire of Dirt*, *The F-Word*, *The Grand Seduction* and *Maina*.

Meanwhile, the TV race is dominated by *Orphan Black*, which has 14 nominations, including a best drama actress nod for star Tatiana Maslany. She plays several different characters including an uptight soccer mom, a street-smart British orphan and a crow-headed science geek.

The Canadian Screen Awards honour achievement in homegrown television, film and digital projects, and replace the previously separate Gemini and Genie Awards. They'll

be handed out in Toronto on March 9 with Canuck comic Martin Short returning as host.

Orphan Black will compete for best drama against APTN's *Blackstone*, Global's *Bomb Girls* and CTV's *Flashpoint* and *Motive*. The best comedy race is between *Call Me Fitz*, CBC-TV's *Gavin Crawford's Wild West*, CBC-TV's *Mr. D*, *Seed* and Super Channel's *Tiny Plastic Men*.

Other leading TV contenders include the TMN/Movie Central comedy *Less Than Kind* which snagged 12 nominations. Global's cop series *Rookie Blue* earned nine while TMN/Movie Central's

raunchy comedy *Call Me Fitz*, CTV's cop drama *Flashpoint* and City's sitcom *Seed* each got eight nods.

The best actor race in film is dominated by international talent — Gyllenhaal is up for his intense turns in *Enemy*, while Daniel Radcliffe is nominated for *The F-Word* and Brendan Gleeson is up for his part in *The Grand Seduction*. They compete against Rajesh Tailang of *Siddharth* and Gabriel Arcand of *The Dismantlement*.

The awards are administered by the Academy of Canadian Cinema & Television and will air on CBC-TV.

THE CANADIAN PRESS



Tatiana Maslany from *Orphan Black* was nominated for best actress in a drama for her role. CONTRIBUTED



Michael J. Fox ALL PHOTOS GETTY IMAGES

Fun-fact faux-pas: E! airs cringe-worthy Parkinson's comment

Fun fact: People suffering from degenerative diseases don't make great fodder for cute pop-ups during award shows. E! learned this the hard way when they aired the "fun fact" during the Golden Globes red carpet pre-show that Michael J. Fox was diagnosed with Parkinson's disease in 1991. Twitter immediately blew up with users furious that the channel would make light of the actor's longtime struggle with the disease, mostly because the wording was just so bad.

That Fox was diagnosed with the disease in 1991 was indeed a fact. In no way is it fun. The network quickly realized their error (due to, you know, all those angry tweets flying their way) and issued an apology to the actor, stating that they "understand the serious nature of the disease and sincerely apologize." Such is the new media landscape: say whatever the hell you want now — apologize later. Fox, who seems like a pretty genial, standup guy, likely accepted their apology.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Poehler's man- pal wages war against Bono post-smooch

MELINDA
TAUB
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical. Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination

was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono.

Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.



Ke\$ha

Ke\$ha tried to make mom go to rehab and she said yes, yes, yes

The family that rehabilitates together stays together, it would seem, as singer Ke\$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm check-

ing myself into Timberline Knolls today for post-traumatic stress disorder, at Ke\$ha's urging," she tells the magazine. Ke\$ha checked into the facility earlier this month to cope with an eating disorder.

Twitter



@Sethrogen

I'm a little behind on the globes but HOLY S—! Christopher Plummer won for Beginners!



@SteveCarell

Every six years I purchase a can of Underwood Deviled Ham thinking that it will be something other than what it is.



@WhitneyCummings

Hey somebody send me a text so I can over analyze it!

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HIMYM star smiles it forward

Alyson Hannigan.
The *How I Met Your Mother* actress talks to Metro about some of the surprises that parenting brings

**EMILY
LAURENCE**
Metro World News

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate \$1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.



How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

That must be interesting.

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm

wearing them all!"

Who do you go to and trade parenting advice with?

I talk to the other moms at my daughter's school and my best friend, Pamela Fryman,

who is the director of *How I Met Your Mother*. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars

is the best with kids?

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies He likes to keep his distance, but he's really good with them.

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As editor-in-chief of Best Health, I have to be accountable to Canadian women, and myself, by eating well and exercising. It's the best job, really! Because every day, doing just that is what gives me energy and makes me happy.

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It's even better when it's a physical challenge that helps a charity. Don't you just want to tell EVERYONE about it?

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to helping out the Humane Society. Maybe you'll commit to running 1K or 5K, or walking 20K, or cycling 100K.

Join the Best Health Challenge at besthealthmag.ca/challenge and tell us your story. (More incentive: There are huge prizes to be won!) And here are three other ways you can follow through on your resolutions this year:

1. If you don't feel like sticking to your commitments: When that happens, at least stay faithful to your idea; your interest will likely grow once again.

2. If you find your resolution is expensive: Remember, you can fund it one small step at a time. And you can find ways to cut back on other areas of your spending in order to achieve the goal you have in mind.

3. If you can't find the time to stick with your commitment: Put your resolution first; you'll find that some things in your life that take up your time are expendable.

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Top 5 books for dieters

Losing weight. There's no single diet book that works for everyone, so we rounded up five different approaches

Men Don't Diet, Men ... Refuel — A 24-Day Eating Plan to Shed Fat, Boost Testosterone, and Pump Up Strength and Stamina

by Dr. John La Puma

With the wrong lifestyle, a man's body can turn softer because of a hormonal state that's more reminiscent of the opposite sex's, explains Dr. La Puma.

He doesn't believe in generic diets for men. Through three quizzes, he helps the reader measure his testosterone, find out if he's overweight and then formulate specific goals in order to "restore optimal testosterone levels, eliminate dangerous visceral fat and improve sexual performance."

Brad's Raw Made Easy — The

Fast, Delicious Way to Lose Weight, Optimize Health, and Live Mostly in the Raw

by Brad Gruno

Raw food doesn't have to involve tasteless raw carrots and horrifying celery juice, argues the founder of Brad's Raw Foods. On Gruno's "cooked under 115 degrees" list, there's nothing less than mac and cheese!

Brad's Raw Made Easy takes you through everything from the science of raw food to a basic step-by-step transition to going raw. Importantly, he acknowledges that living raw in a non-raw world can be hard. After a four-week cleanse he allows the reader to switch over to an 80 per cent raw, 20 per cent cooked eating plan.

The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love!

by Anne Alexander

It doesn't help much to cut away the weekly cupcake if you consume large quantities of sugar every day from hidden sources such as cereals and "healthy" breads.

Anne Alexander, editorial director of Prevention magazine, brings awareness to the many faces of sugar and helps the reader through a 32-day sugar step-down that ends with the surprising "Hello, Sugar!" chapter, allowing the sweet stuff back into one's diet. The point is, she writes, that "sugar smart for life means being aware of where the sugar lurks in your diet and making informed choices."



Raw food doesn't have to be tasteless. ISTOCK IMAGES

The New Lean for Life: Outsmart Your Body to Shrink Fat Cells and Lose Weight for Good

by Cynthia Stamper Graff and Réginald Allouche

The Lean for Life program has been around for more than 40 years, but now it's here in a new version by the daughter of Dr. Marshall Stamper, who originally pioneered the program (with nutrition expert Dr. Réginald Allouche).

This 2014 version incorporates Allouche's research on appetite and how the brain and gut work together on weight loss. The book offers a 28-day

prescription to shrink fat cells.

21-Day Tummy — The Revolutionary Diet That Shrinks and Soothes Any Belly Fast

by Liz Vaccariello and Kate Scarlata

What if the food we eat to be healthy actually is the food that causes us stomach inflammation? Vaccariello and dietitian Scarlata have rounded up the foods that both shrink your belly and soothe it — the so-called "belly buddies." It dares to say the words gas, bloating and diarrhea, and through a 21-day meal plan, helps the reader get back on the track.

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Perils of cold weather.

Frostbite can start developing within seconds in bitterly cold sub-zero temperatures

It seemed to Karl Zebarth like a good idea at the time: he had just left a friend's New Year's Eve party and decided to dash through the park to his nearby home in Georgetown, Ont., a shortcut taken before without incident.

But Zebarth, dressed only in a light sweater and jeans, slipped on the slick surface left by the pre-Christmas ice storm and cut his hands, which he'd thrown out to break his fall.

He couldn't get up. "I had drunk a little, but not a lot. It was just the ice," says Zebarth, 24, who was rescued by a young couple walking by who heard his calls for help and summoned an ambulance.

The temperature with the wind chill was close to a frigid -20 C that night, and within minutes frostbite had begun to set in on his gloveless hands.



As with burns, there are different degrees of frostbite. ISTOCK IMAGES

"They were terrible," he says of his fingers. "They were very swollen, very colourful — black, purple, yellow — and they were losing a bit of skin. I started getting blisters that started bleeding."

Depending on how low the temperature plunges, frostbite can start developing within seconds in exposed body parts like the nose, earlobes, fingers, hands and toes, explains Dr. Marc Jeschke, director of Sunnybrook Hospital's burn

unit, where Zebarth spent a week being treated.

As with burns, there are different degrees of frostbite, ranging from superficial — often called frostnip — to extreme deep freezing that can even destroy bone.

Exposure to bitterly cold temperatures causes blood and other fluids in the tissues to crystallize, "almost like a freezer," says Jeschke.

"At the beginning, it's painful," he says. "We all know this when we go out and shovel snow — all of a sudden it's painful. Then after a while, because of the crystallization and the cold, it has an anesthetic effect. It means you don't feel it."

If someone suspects they have frostbite, they should get indoors and bathe the affected area in lukewarm water — not hot, as that can cause more damage — and take ibuprofen for pain and inflammation, says Jeschke.

Avoid exposing frostbitten areas to direct heat from a stove, heating pad or fireplace, as that could cause burns to skin that has lost sensation.

THE CANADIAN PRESS

Signs and symptoms of frostbite

- A slightly painful, prickly or itching sensation
- Red, white, pale or greyish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Clumsiness due to joint and muscle stiffness
- Skin that has turned black, indicating gangrene

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Health Solutions

A flour substitute — with a warning

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour

recipes may be a good idea for you (or on occasion).

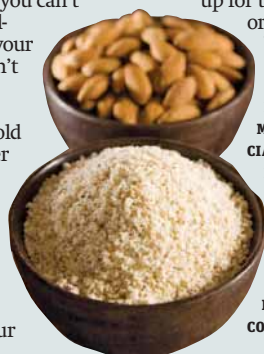
- Almond flour contains more protein than wheat flour, and has no gluten.

- Almond flour contributes twice the potassium and six times more calcium than wheat flour.

- One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Almond Flour Brownies get Paleo-friendly makeover

THERESA ALBERT
myfriendinfood.com

FLASH FOOD



From your fridge to your table in 30 minutes or less

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and



This recipe serves 12. COURTESY THERESA ALBERT

cocoa powder. Pour into pan.

4. Bake for about 22 - 25 minutes just until edges begin to set. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

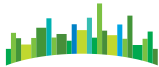
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Banks can go over the top with overdraft protection

Avoid overspending with cash control. But if you must to do it search for a fixed fee, watch for greedy charging plans



GAIL VAZ-OXLADE
life@metronews.ca

I've worked with a lot of people who have overdraft protection, and I hear from many more every month. While there are pros and cons to overdraft protection, most people sign up without really understanding what they're "buying."

Overdraft protection is usually sold to people when they open their accounts as the way to ensure that bounced cheques don't ruin their credit ratings. When you try to spend money you don't have in your account, the bank covers the withdrawal — be it a cheque, debit or cash withdrawal.

Don't confuse the kind of overdraft protection you "buy," for which you sign an agreement, with what some banks call "bounce protection" or

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

"courtesy overdraft protection" which they offer to save you from the embarrassment or hassle of a returned cheque, which can be very expensive.

The average courtesy overdraft fee runs to about \$29 a month, but fees can be substantially higher depending on how undisciplined you are. And since the fee is levied regardless of the amount you go into overdraft for, it can be astronomical when you calculate it as a percentage of the "loan."

One woman wrote me to say that she was appalled when her statement came in and she had over \$160 in bounce fees. Some banks are trying to make their OD protection even more profitable by charging up to \$5 for every business day an overdraft is created or increased. So



Overdraft protection doesn't give you a license to ignore your cash management, says Gail — you can't spend whatever you want, whenever you want because overdraft protection is there to catch you like a safety net. ISTOCK

if you go into overdraft on the 12th, you'll be dinged with a \$5 charge. Buy something for \$1.25 the next day and go further into your overdraft and you'll be dinged with another \$5 fee. Ouch! I'm all for the traditional overdraft protection for which you sign an agreement so you know what you'll pay in interest, and for which you pay a flat monthly fee.

This is particularly true if you're in a transition: getting separated or divorced, moving or changing jobs. An overdraft protection plan beats the pants of NSF fees and the bruise on

your credit report. And it is far less expensive than the pay-as-you-go option.

What I'm not down with is the idea that overdraft protection gives people a license to ignore their cash management. No, you can't spend whatever you want, whenever you want, because overdraft protection is there to catch you like a safety net. And you're not allowed to live in overdraft, squeaking into the black for a couple of days twice a month when your paycheck passes through your account. While some of you might think, as I do, that

overdraft protection is a short-term affair — most overdrafts are said to last only about five days or less — I've met oodles of people who practically live in overdraft. And, ya know what?

The banks don't mind one little bit when you go into overdraft, since overdraft interest rates are well above regular lending rates. One bank I checked charges 21 per cent interest on your outstanding overdraft balance, along with the fee that going into overdraft automatically triggers.

Despite being extremely profitable for banks, lenders can sometimes get testy if you stay in overdraft too long.

Read the paperwork. Often there's a clause that says you can't stay in overdraft for more than a certain number of days each month. Break the rules when money is flowing easily and no one much minds. Break the rules when credit is tight and banks are feeling the pinch and they'll call your overdraft, demanding their money back lickety-split.

Yes, they can do that. If you're scratching your head because the rules seem to change depending on the wind, you're

right to be confused; just know the cards are stacked in favour of the bank. After all, if an overdraft is just for the odd slip as the marketing material says, then why do some banks offer the option of going \$5,000 or more into overdraft? That's not a little slip. Except for those transitional times when slips are natural, overdraft isn't the great solution your banker makes it out to be; the better solution is to manage the cash in your account so you don't try to spend money you don't have.

How do you do that? Easy. You use a spending journal to track what's going into and coming out of your bank account. Get yourself a notebook. When you put money in your account, add it to your balance. When you spend money from your account you debit that amount from your balance. Keep your eye on the balance.

If you think that sounds like too much work, you're a dope.

You'd work at least this hard to find where gas is selling for a penny less, or where tuna is two for \$1.59, or where wings are all-you-can-eat for \$3.99. Staying out of overdraft is one of the best deals going.

Usage-based insurance in Canada? What the Beep!



Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.

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TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Consonant Skincare

What: Brand of natural and organic skincare

Where: 2479 Yonge St., Toronto

Advice: "Ensure you have the passion and the commitment to stay with your business. With passion and commitment anything is possible. If we threw in the towel every time we hit a bump in the road we wouldn't be here."

The weather outside might be frightening, but that doesn't mean your skin has to be.

The polar vortex brought record-breaking cold to most of North America over the last few weeks.

For those out of the loop, the polar vortex is the cold spell that sent a blast of freezing Arctic air across most of the country.

The deep freeze may have been a nuisance for commuters, but it has opened up doors for Canadian entrepreneurs to showcase how important skin products are to protect and ensure healthy skin throughout the

E-laborate

- Learn more about what other products entrepreneurs have created for the Canadian winter and check out local products that will save your skin by visiting metronews.ca/mom-and-pop-shops.



This winter, support local entrepreneurs and keep your skin healthy all with one purchase. CONTRIBUTED

year. Bill Baker, founder of Consonant Skincare, is one of many entrepreneurs

hoping to highlight how their products can help ease this winter's nasty bite — without the use of added

chemicals.

"Skincare should be about what it does for you, not what it smells like," he

says about his line of natural creams.

The Canadian business owner is also proud to make his products, including the award-winning hydration booster HydrExtreme, in Canada.

"When other Canadians give us their business, it's the least we can do to give them our business."

Consonant Skincare isn't the only Canadian business offering up answers to Canadians looking for skin reprieve.

Jean Eng, co-founder of Pure + Simple, sells beauty products through her Toronto store and online site.

The company, which she started with her daughter Kristen, started out as an avenue to help with their own sensitive skin.

"There is no easy way to get rid of it — no pill or magical cure," says Eng.

"We believe that what you put on your skin, goes in your body," she says about why it's important that products you use often should be natural.

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Gender equality in education. She's the First aims to give girls a push to pursue educational endeavours

VICKI
SALEMI
Metro World News

Want to change the world one girl at a time?

Meet Amanda Parks, president of the She's the First campus chapter at The College of New Jersey (TCNJ). She's the First promotes education in developing nations by giving girls the chance to become the first in their families to graduate from secondary school.

Parks, a senior, proudly proclaims, "I am and always will be an advocate for equality in girls' education worldwide. She's the First has changed my perspective on education."

She adds, "Fighting for equality in education (on behalf) of girls is something that I will take with me after



Would it be fair if these girls couldn't go to school simply because of their gender? ISTOCK

graduating because being committed to this cause is a forever thing."

Parks says that only one out of every three girls attends secondary school in the countries where She's the First operates and that "one's gender should not determine the opportunities they are afforded."

Whenever the volunteer is stressed out, she's reminded

"of the girls we sponsor and the girls we have yet to sponsor because they are my motivation to get through long nights and stressful weeks."

That motivation includes running fundraisers like an annual tie-dye cupcake bake sale as part of the organization's worldwide bake-off. "It is exactly what it sounds like! TCNJ is one of 200-plus baking

teams that gets together for a week to bake eye-catching and delicious tie-dye cupcakes to sell while raising awareness for She's the First."

In addition to raising money, they raise awareness by gaining co-sponsors in other student organizations and "new members that didn't know our organization existed before seeing our bake sale."

Katie Riley, campus programs assistant at the group's headquarters in New York's Chelsea, says the size of a typical chapter is about 20 to 30 students (and yes, guys volunteer too). They anticipate having about 200 chapters by the end of next year.

"Campus chapters are required to promote girls' education issues via social media and host one awareness event (such as a panel or documentary screening) and one fundraising event per semester."

As for what intrigues Parks about She's the First, the short answer is community.

After attending a three-day campus leadership summit in the fall, an annual retreat for

Gathering for good

- Amanda Parks' She's the First chapter raised more than \$1,700 US between last year and this year to sponsor students at a school in Nepal.

campus chapter leaders, she "never felt more supportive" to raise awareness.

"I am passionate about this She's the First family, or our #STFFamily as we call it on social media. I can call on any of my fellow campus chapter leaders when I need a creative idea for a fundraiser or just need to vent about something going particularly well with my campus chapter. It is comforting to know that I have that support system whenever I need it."

That family sense, says president and founder Tammy Tibbetts, is pervasive. Tibbetts, who was recently named to TIME's 30 Under 30 list, ex-

Amped up efforts

"In 2014 we are determined to scale up our success and raise one million dollars to support our mission, to send more girls to school and support more youth worldwide in leading this movement. If you ever wanted to be part of creating education equality in the world, now is the time to get involved!"

President and founder of She's the First, Tammy Tibbetts

plains, "She's the First is not something I see students doing just to have a bullet on their resumé. They are looking to change the world with a community — and that's what we provide. Hence, family!"

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Going for broke down at BMO Field

Soccer. In adding Defoe and Bradley, MLSE giving fans 'payback' for years of patience, Leiweke says

MLSE boss Tim Leiweke wasted little time Monday reminding everyone that despite the star power about to join him at the podium, Toronto FC had yet to win anything.

He also acknowledged that the unprecedented spending spree on marquee players Jermain Defoe and Michael Bradley, on top of Gilberto's signing last month, is being seen as fiscal insanity in some quarters.

"I'd say some of our partners think we've lost our minds," said Leiweke, president and CEO of Maple Leaf Sports & Entertainment.

At some \$10 million US apiece, Defoe and Bradley each broke the MLS record for transfer fees. To put that further in perspective, their fees double the expansion fee MLSE paid before entering the league in

New TFC tidbits

- **Jermain Defoe** is Tottenham's fifth highest scorer of all time and all-time leader in European goals with 23.
- **Michael Bradley** was one of five U.S. players to play every minute at the 2010 FIFA World Cup, according to governing body U.S. Soccer. **TORSTAR NEWS SERVICE**

2007.

And that's before you add high seven-figure annual salaries and Gilberto's package.

Under MLS rules, the sky's the limit with DP salaries — only \$390,000 US of a DP's annual pay count against a team's \$3.1-million salary cap this season.

Leiweke reached for the words of Bobby Kennedy as he tried to capture the start of a soccer Camelot.

"Some people see things as they are and say 'Why?' Others dream of what can be and they say 'Why not?'"

"Today is why not," Leiweke added. "Why can't we be great?"

Defoe, who will stay at London's Tottenham until the end of next month, was clearly moved by the warm welcome from fans at Real Sports Bar & Grill.

"To come here and to have a reception like that is unbelievable. Such a great feeling, I feel at home already," he said.

Bradley came out next, a model of intensity with laser-



Newly signed Toronto FC striker Jermain Defoe, left, and midfielder Michael Bradley got their team scarves as they were unveiled at Real Sports Bar & Grill on Monday. **CHRIS SO/TORSTAR NEWS SERVICE**

like eyes and shaved head.

"I can tell you all I have never been more excited, more determined and more motivated for any challenge in my

entire career," he said.

Leiweke called the signings a "payback" to the fans for seven years of patience.

THE CANADIAN PRESS

FIFA player of the year

Ronaldo bests Messi for Ballon

Cristiano Ronaldo couldn't hide how much it meant to him, finally being voted the world's best player again.

Having spent four years in the shadow of Lionel Messi, Ronaldo broke down in tears after being elected the

Ballon d'Or winner for 2013 on Monday in Zurich.

"There are no words to describe this moment," the 28-year-old from Portugal said. **THE ASSOCIATED PRESS**

MLB

A-Rod sues league, players' union

Alex Rodriguez sued Major League Baseball and its players' union Monday, seeking to overturn a season-long suspension imposed by an arbitrator who ruled there was "clear and convincing evidence" he used three banned substances and twice tried to obstruct the sport's drug investigation.

THE ASSOCIATED PRESS

Australian Open

Raonic opens with win Down Under

Thornhill's Milos Raonic began his Australian Open with a 7-6 (2), 6-1, 4-6, 6-2 defeat of Spain's Daniel Gimeno-Traver on Tuesday to reach the second round in sweltering temperatures.

THE CANADIAN PRESS

Bloody bold



"We don't have enough seats to make economic sense out of this."

Tim Leiweke on the signings of Jermain Defoe, Michael Bradley and Gilberto this off-season. The MLSE boss sees Season 1 of the new Toronto FC as a loss-leader. It will take a year or two to get to the point "where it makes financial sense," he added.

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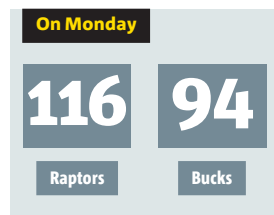
Bucks shown no mercy by Raps

NBA. Toronto dissects the league's worst team to win its third straight game

Kyle Lowry had 23 points as the Toronto Raptors won their third straight game Monday night, 116-94 against the lowly Milwaukee Bucks.

The Toronto point guard hit six of eight shots from the field, including four of five three-point attempts, as the Raptors (19-17) moved two games above .500 for the first time in four seasons. The last time was March 9, 2010 when Toronto was 32-30.

The Raptors, who went into the night with a four-game lead over the Brooklyn Nets atop the NBA's Atlantic Division, featured a balanced attack with five players putting up double figures in



points.

In addition to Lowry's team-high performance, DeMar DeRozan had 19 points, seven assists and seven rebounds while Jonas Valanciunas added 17 points and 10 rebounds.

Ersan Ilyasova had a game-high 29 points for the Bucks (7-30), who sit last in the Central Division and are the NBA's worst team. Milwaukee has lost six straight games.

Toronto's John Salmons hit a pair of free throws to break a 19-19 tie with 3:45

to go in the opening quarter and the Raptors led the rest of the way to complete their homestand at 3-0.

After Milwaukee cut the Raptors' lead to single digits by halftime, Toronto stretched it to 88-73 after three quarters and led by as many as 31 points in the fourth before an appreciative crowd of 15,819 at Air Canada Centre.

The crowd included the city's two newest sports stars, Jermain Defoe and Michael Bradley of Toronto FC, who were introduced earlier in the day and given a big round of applause when introduced to Raptors fans.

The Raptors visit the Celtics in Boston on Wednesday night before returning to the Air Canada Centre to host the Minnesota Timberwolves on Friday night and the Los Angeles Lakers on Sunday afternoon. **THE CANADIAN PRESS**



Amir Johnson hounds the Bucks' Giannis Antetokounmpo on defence Monday. RENE JOHNSTON/TORSTAR NEWS SERVICE

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Horoscopes

Aries

March 21 - April 20

Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

Taurus

April 21 - May 21

Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

Gemini

May 22 - June 21

You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

Cancer

June 22 - July 23

Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

Leo

July 24 - Aug. 23

It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

Virgo

Aug. 24 - Sept. 23

The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

Libra

Sept. 24 - Oct. 23

You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

Scorpio

Oct. 24 - Nov. 22

You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

Sagittarius

Nov. 23 - Dec. 21

You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

Capricorn

Dec. 22 - Jan. 20

It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

Aquarius

Jan. 21 - Feb. 19

You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

Pisces

Feb. 20 - March 20

Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

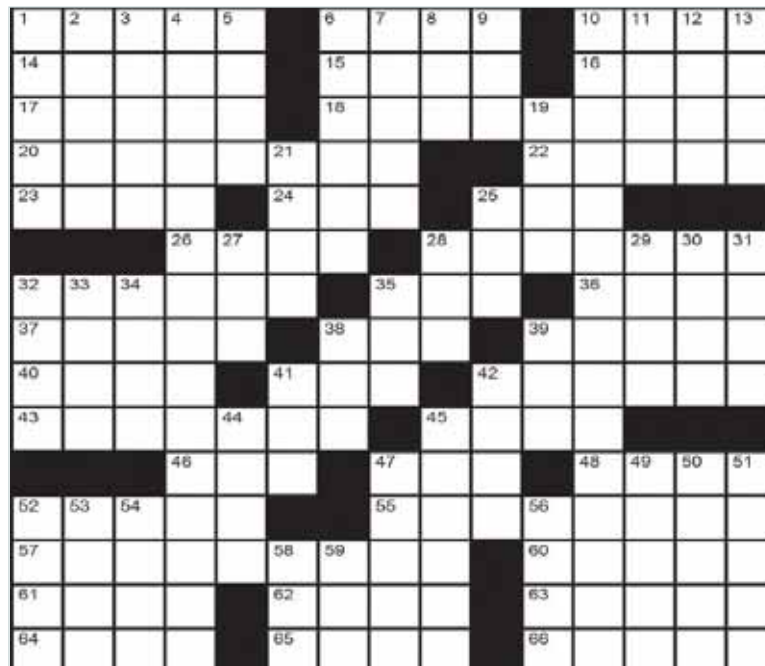
SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Fedora borders
6. Pitcher
10. ___ au lait
14. It may even be the forerunner of good news over the longer term, so don't despair.
15. Amble
16. "I ___ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "___ Inquest"
22. ___ whale
23. General Robert

24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "___ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, ___ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically



52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of \$\$\$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part

63. Summary
 64. Glance
 65. Prescriptions, commonly
 66. Celebrating 50 Years: ___ University in Peterborough, Ont.
- Down**
1. English composer, William ___
 2. Like Queen Elizabeth

3. "That's all that ___." (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. Atomic Number 68
7. Brooklyn Bridge tune: "___ That Could Happen"
8. Ms. Longoria

9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jennings
21. Paint layer

25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. ___ & The Gang
31. ___-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



2°/-7°
Variable

Wednesday



0°/-9°
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